

# GOOD HEALTH AND WELLNESS



June 5, 2009

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# BRAIN FITNESS TEST

**LOOK → SNAP → IMAGRY**

**Beach  
Professor  
Horse  
Teddy Bear**

**Cigar  
Nun  
Palm Tree  
Pasta**

# HEALTHY AGING DEFINITIONS\*

## Successful Aging

Absence of disease and disability; high cognitive and physical functioning; and active engagement with life. (Rowe and Kahn)

## Optimal Aging

The capacity to function across many domains – physical, functional, cognitive, emotional, social, and spiritual – to one's satisfaction and in spite of one's medical conditions.

\*Annals of Long Term Care, November 2007

**How can we do  
to stay healthy  
and maintain a good  
quality of life?**

**off the mark**

by Mark Parisi

www.offthemark.com

ATLANTIC FEATURES - ©1997 MARK PARISI

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THE AGELESS DICK CLARK MAKES  
HIS ANNUAL PAYOLA INSTALLMENT

**Attitude**

**Diet**

**Exercise**

# FACTORS CONTRIBUTING TO GOOD HEALTH

- **Genetics**
- **Environment**
  - Air, water
- **Psychosocial Factors**
  - Resiliency vs. Depression
- **Lifestyle**
  - Diet, weight, smoking, exercise
- **Aging**

# Genetics

**Very little control (at this time) over,  
but a lot can be done to  
to maintain the best quality of life**

**Not so much how long we live but  
how we live!!**

**“The Bucket List”**



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# Environmental Factors

## CHINA

Ambient air pollution has made cancer China's leading cause of death!

Only 1% of the country's 560 million city dwellers breathe safe air.

# FACTORS CONTRIBUTING TO GOOD HEALTH

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# Societal Challenges

## RUSSIA LIFE EXPECTANCY - MALE

- 1990 - 64 years
- 1995 - 57 years

# **Resilience: Dealing with Adversity**

**Resilience is the ability:**

- to bounce back swiftly and fully from distressing events**
- To sustain positive affective engagements even in the face of chronic difficulties**

**Resilience cuts across levels of adaptation:  
From restoration of homeostasis in the body  
to preservation of quality in community life.**

# Psychological Immunity

- A built-in response to troubling times that transforms our representations of negative events giving rise to resilient solutions (some good/some bad)
- People are frequently unaware of these capacities within themselves and in their social networks.
- *There is likely a Social Immunity as well*

# ATTITUDE ADJUSTMENT

**(Look Forward Not Backward)**



# FACTORS CONTRIBUTING TO GOOD HEALTH

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# CENTER FOR HEALTHY AGING



**Diet/weight and its effect on healthy aging (and longevity)!**

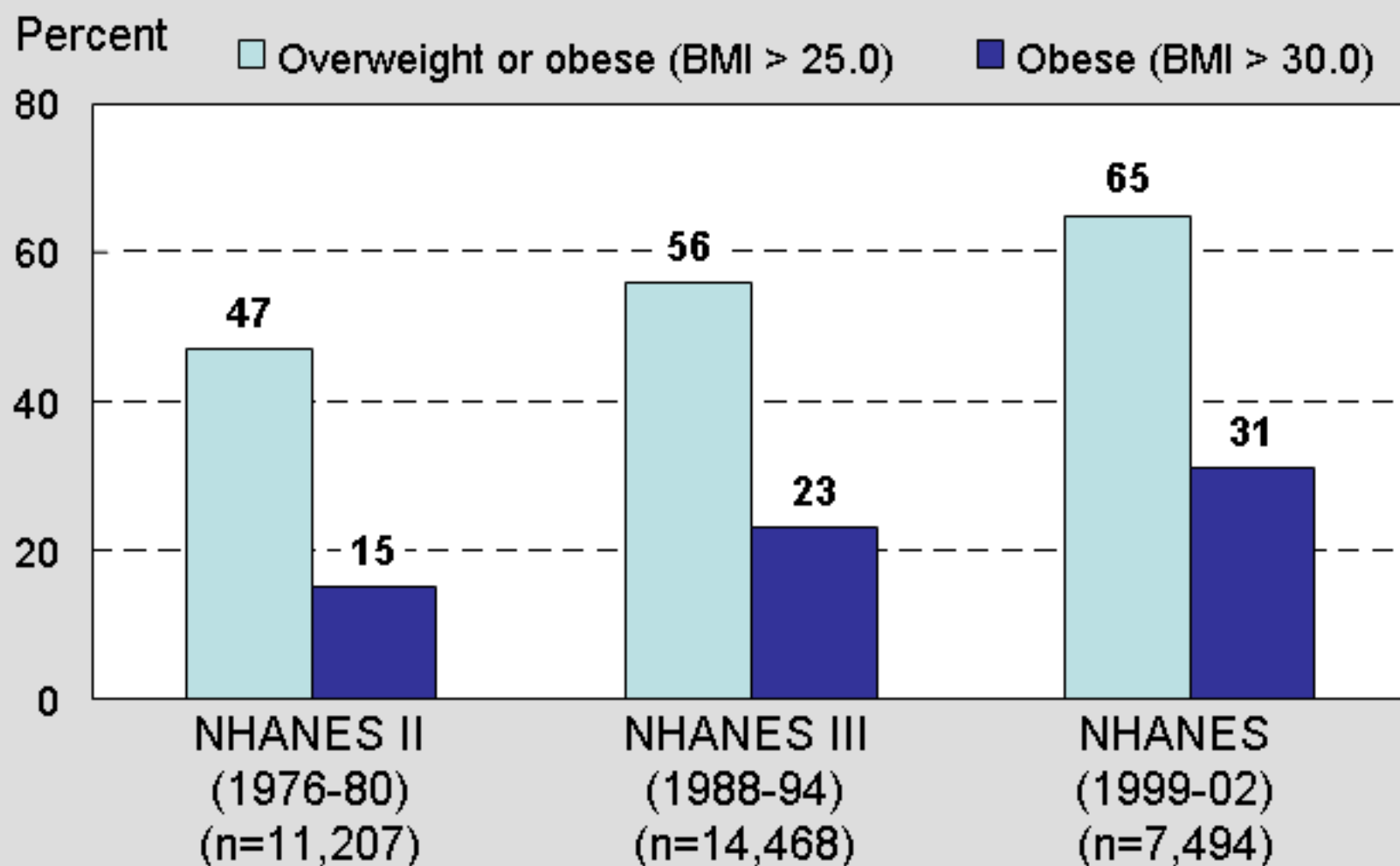
**How important is diet?**

**What's in and what's out  
regarding dietary intake!**

# Obesity and Longevity

**Non-obese persons live  
longer than obese persons**

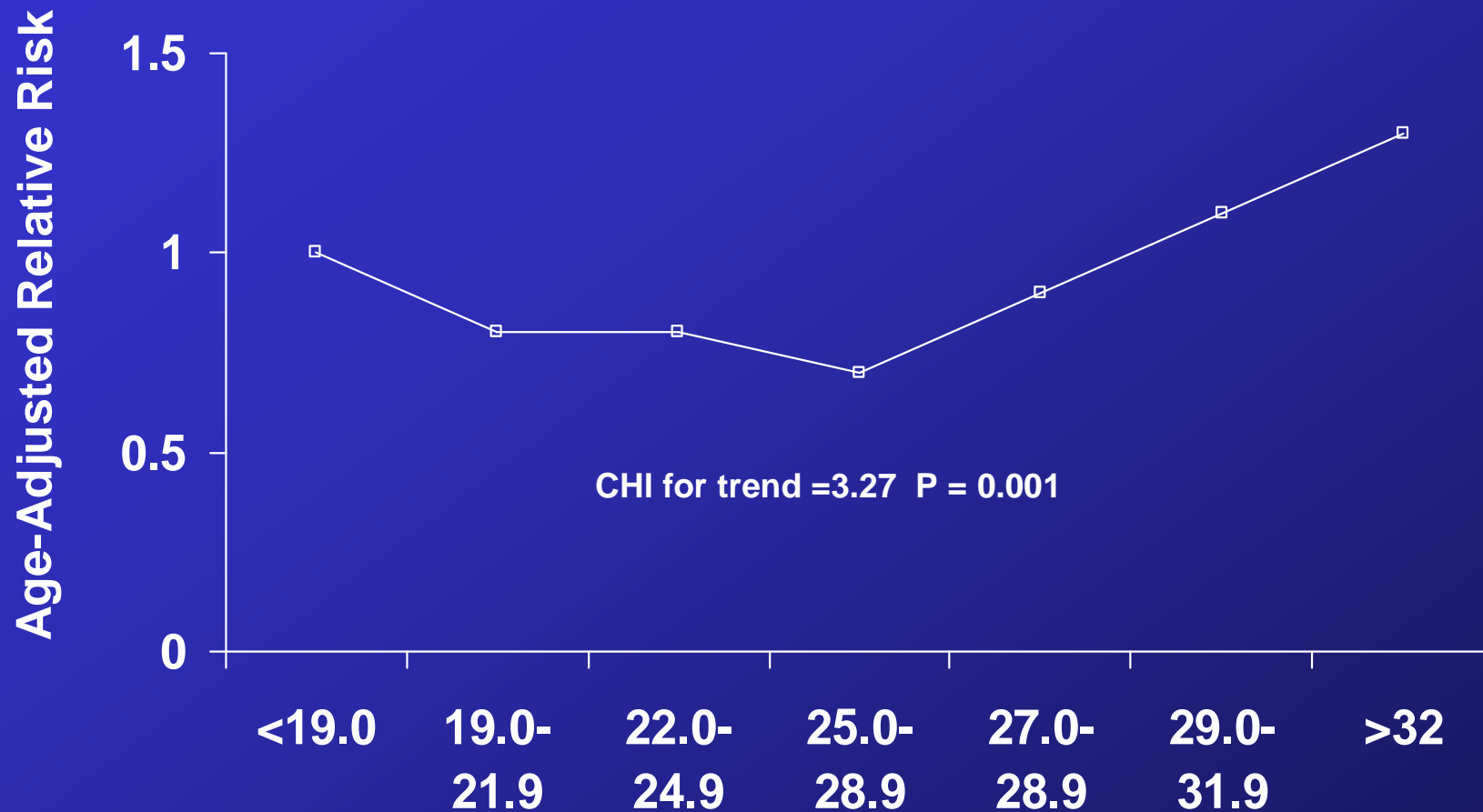
**Figure 2. Age-adjusted\* prevalence of overweight and obesity among U.S. adults, age 20-74 years**



\*Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.

# BMI and Mortality

## All Women, 1976-92 (4726 Deaths)



$$\text{Body-Mass Index} = \frac{\text{Weight in lbs} \times 704.5}{(\text{Height in inches})^2}$$

Manson et al, 1995

**DIET**  
**WHAT SHOULD I BELIEVE**  
**AND**  
**WHAT SHOULD I NOT**  
**BELIEVE??**

# Today's Random Medical News

from the New England  
Journal of  
Panic-Inducing  
Gobbledygook

JIM BRYAN





# Healthy Eating Pyramid

1992-2005

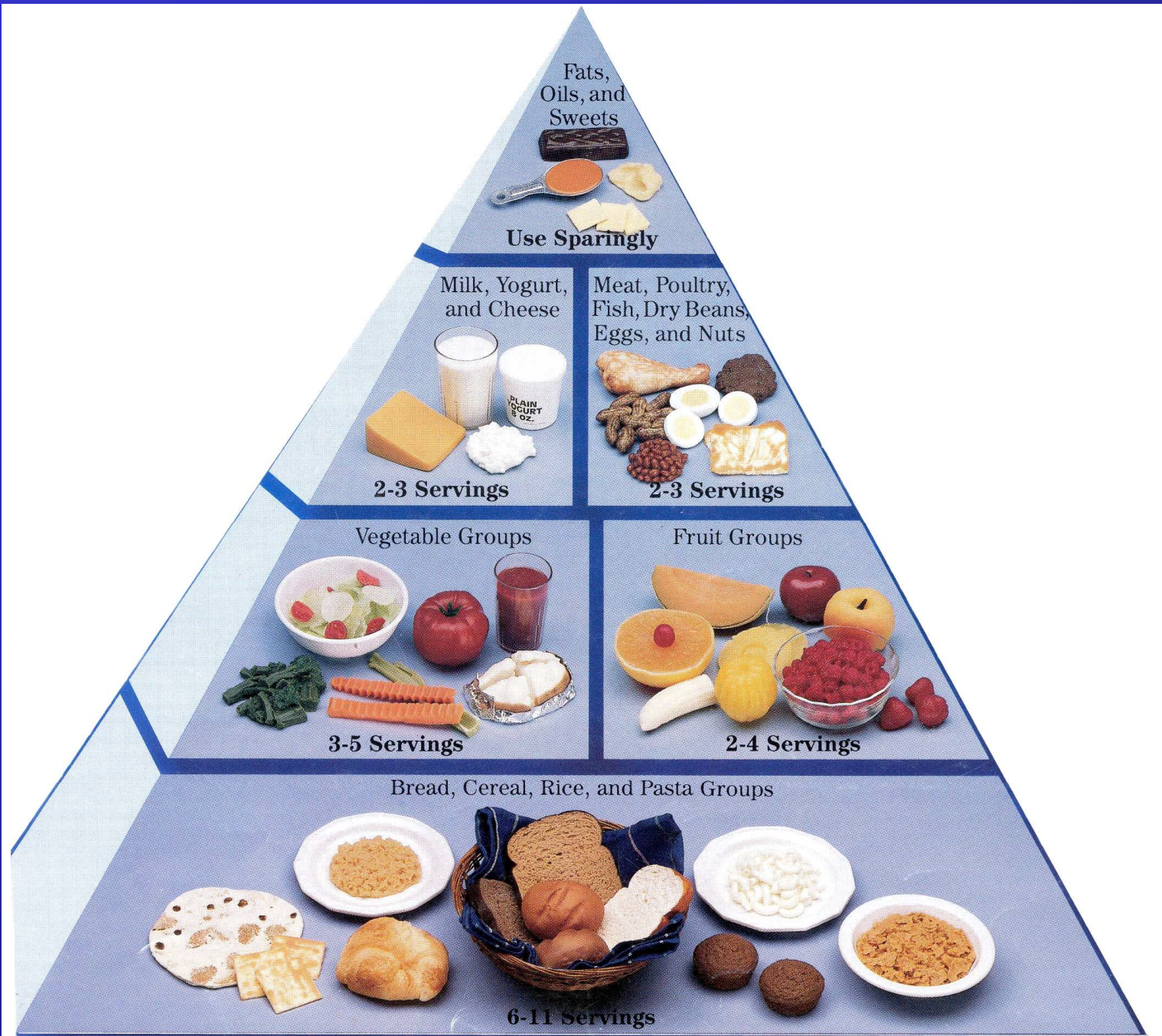
## Concerns

Fats & Oils

Red Meat

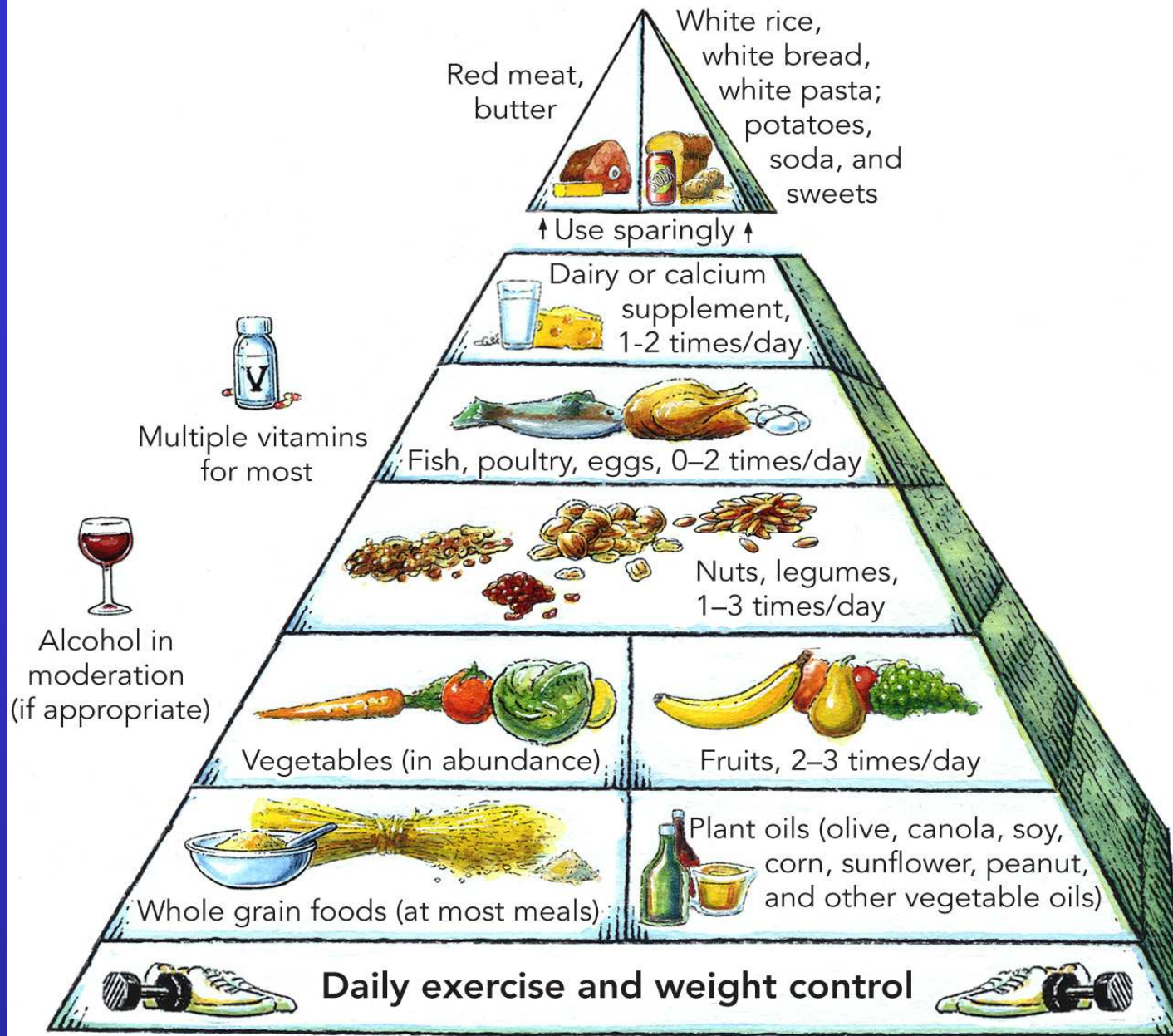
Potatoes

White Bread  
Rice





# Healthy Eating Pyramid (Walter Willett, MD)



**"Eat, Drink,  
And be  
Healthy"  
Walter C.  
Willett, MD**





21.038

**LOW FAT DIETS –IN or OUT?**

**New** results from Woman's Health Initiative Dietary Modification Trial showed that eating a low-fat diet for 8 years **did not** prevent heart disease, breast cancer, or colon cancer, and **didn't** do much for weight loss, either.

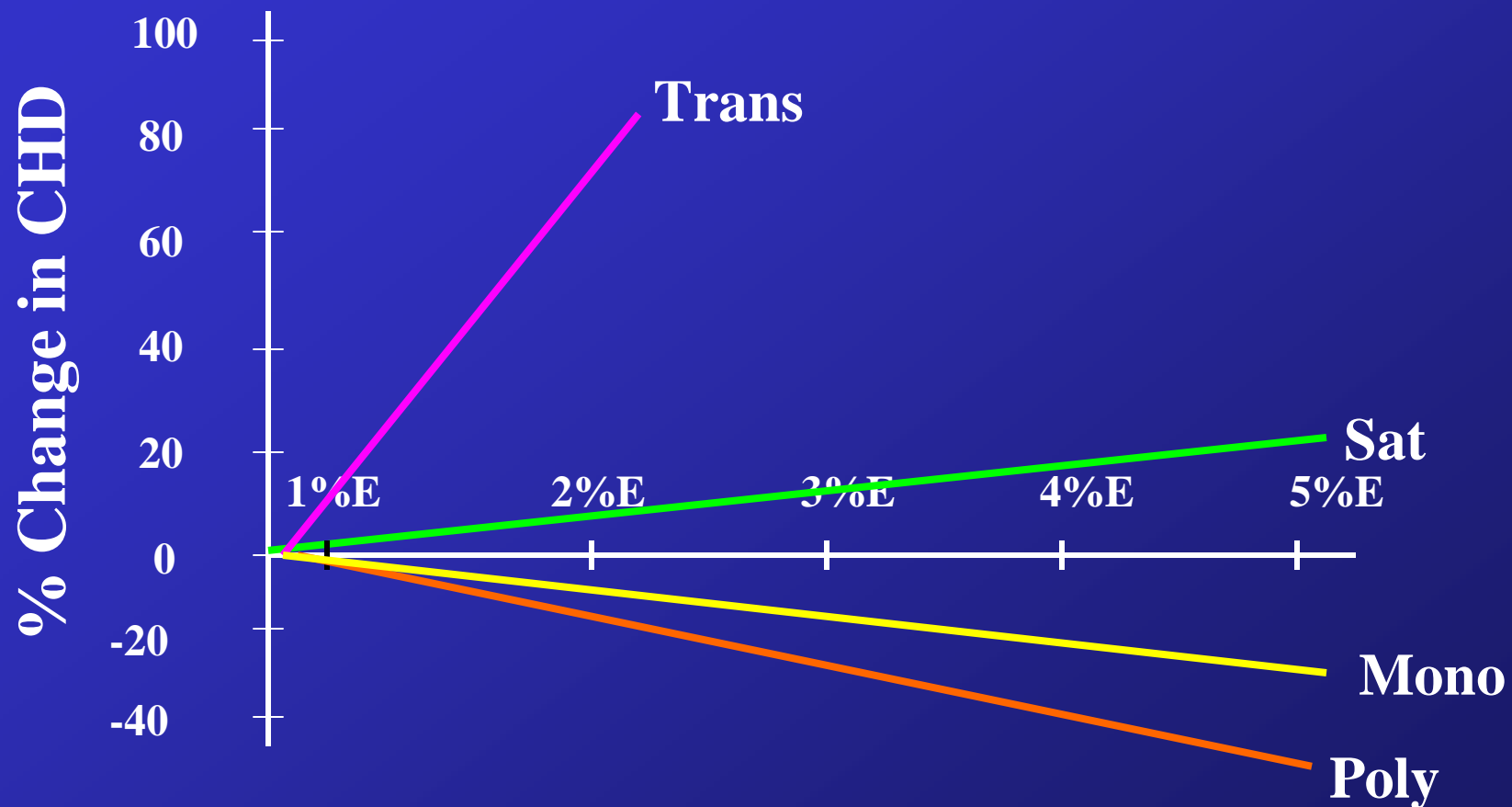
**Intake of total fat intake is not as important as the type of fats ingested in preventing adverse medical problems**

**SO WHICH FATS ARE IN AND WHICH FATS ARE OUT?**



**TRANS FATS – OUT!!**

## Dietary Fat Intake and the Risk for Coronary Artery Disease.\*



**\*\*With a 2% increase in caloric intake from trans fatty acids there is an 23% increase in the incidence of coronary artery disease.**

\*Hu et al. NEJM, 1997 \*\* Mozaffarian et al, NEJM, 2006

**Effect of Trans and Saturated Fat (10% E) on  
Blood Lipids (vs Monounsaturated Fat)  
(Mensink & Katan, 1990)**

	<b><u>Trans fat</u></b>	<b><u>Saturated fat</u></b>
<b>Total cholesterol</b>	<b>+6%</b>	<b>+12%</b>
<b>LDL cholesterol</b>	<b>+14%</b>	<b>+18%</b>
<b>HDL - good cholesterol</b>	<b>-12%</b>	<b>0%</b>
<b>LDL/HDL ratio</b>	<b>+29%</b>	<b>+18%</b>



# DIETARY FATS

Type of Fat	Main Source	State at Room Temperature	Effect on Cholesterol Levels
Monounsaturated	*Olives, olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados	Liquid	Lowers LDL; raises HDL
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Liquid	Lowers LDL; raises HDL
Saturated	Whole milk, butter, cheese, and ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	Solid	Raises both LDL and HDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried chips; many fast foods; most commercial baked goods	Solid or semi-solid	Raises LDL; lowers HDL

**\*Virgin olive oil better than refined (richer in phenolic content)**

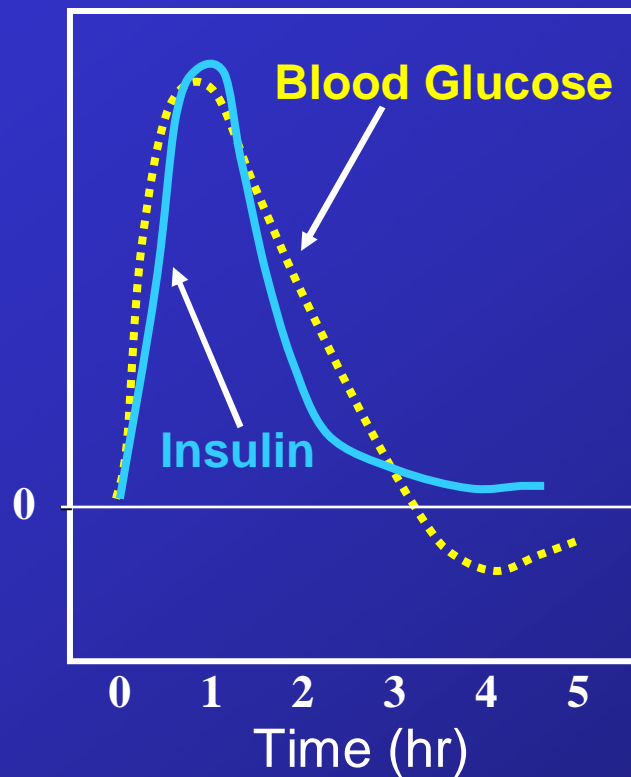
# CARBOHYDRATES

GOOD or BAD?



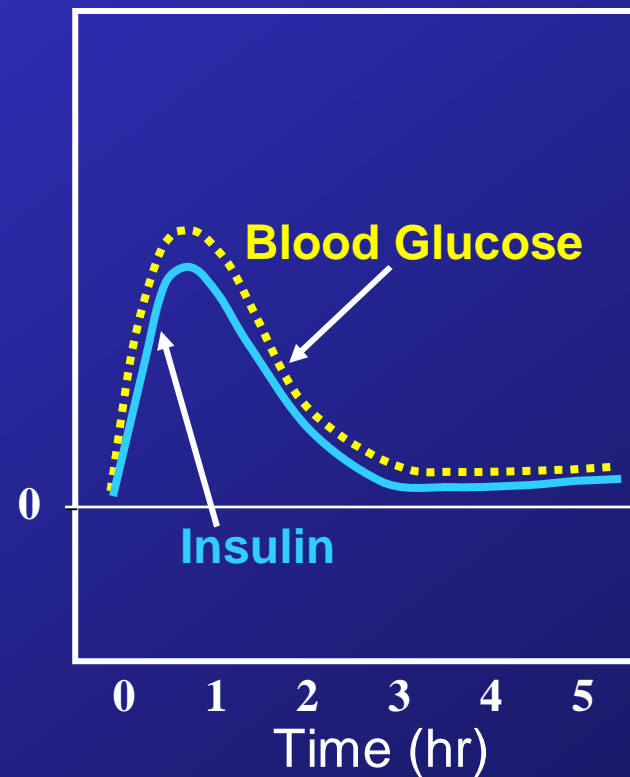
# DEPENDS ON WHAT KIND OF CARBS

## Easily Digested Carbohydrate



**High Glycemic**

## Slowly Digested Carbohydrate



**Low Glycemic**



## **Low Glycemic Load**

**High-fiber fruits and vegetables (not including potatoes); Bran cereals; Many legumes, including chick peas, kidney beans, black beans, lentils, pinto beans.**

## **Medium Glycemic Load**

**Pearled barley; Brown rice; Oatmeal; Rice cakes; Whole grain breads; Whole-grain pasta; No-sugar added fruit juices.**

## **High Glycemic Load**

**Baked potato; French fries; Refined cereal products; Sugar-sweetened beverages; 12 oz Jelly beans; refined sugar products e.g. candy bars; Couscous; White basmati rice; White-flour pasta.**

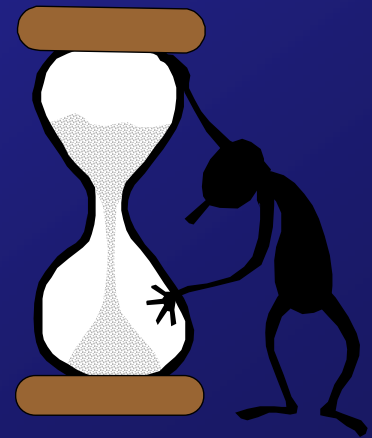
# Six Ideas for Low-Sugar Drinks

- **Infused water (spa water)**
  - flavored water free of sugar and artificial sweeteners
- **Tea** - Black or green, caffeinated or decaf, leaf or herbal, hot or cold, tea is an excellent choice for a calorie free beverage.
  - Adding a teaspoon of sugar or honey only adds about 15 calories to the cup.
- **Coffee** – Watch what you add.

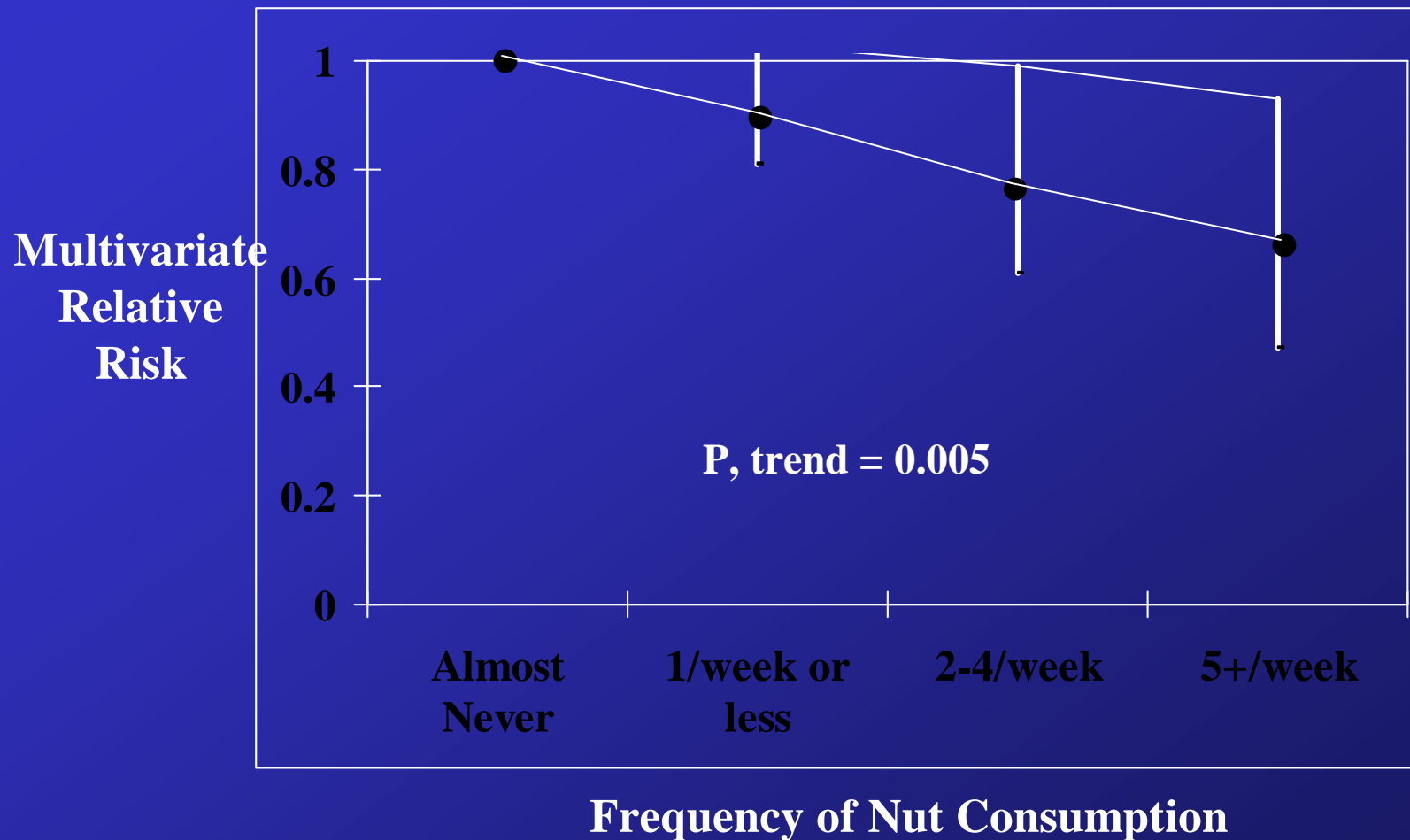
# Six Ideas for Low-Sugar Drinks

- **Sparkling water with a splash of juice**
  - Home made sparkling juice - 12 ounces of sparkling water and add an ounce or two of juice. For a flavor twist, add sliced citrus or fresh herbs.
- **Fresh fruit coolers** - Store-bought or cafe smoothies are marketed as "health" foods, but they are often loaded with sugar and high in calories – *Ingredients:* 1/2 cup of ice, 3/4 cup of sugar-free sparkling water, 1/3 cup of melon or berries, Chopped mint leaves or citrus slices (optional)
  - 18 calories
- **Low sodium broth or miso** - Low-sodium broth can give your body the fluid it needs, and can be a satisfying alternative to a sweet drink.

# NUTS AND FISH IN!



# Nut Consumption and Risk of Coronary Heart Disease—NHS, 1980-1994



(Hu et al, 1997)

# **FISH OILS**

**Omega-3 essential fatty acids  
(eicosapentaenoic acid(EPA)/docosahexaenoic acid (DHA))**

**Associated with a decrease mortality in  
patients with CHD and  
a delay in the progression of  
Alzheimer's Dementia**

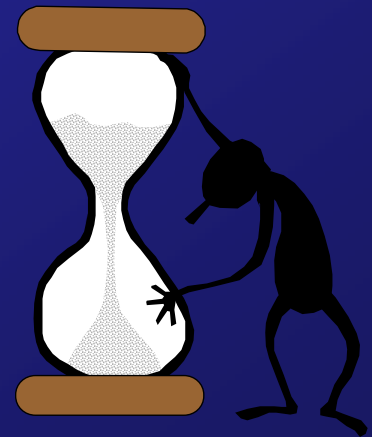
**Fish – salmon**

**Omega-3 fatty acids tablets  
(300/440 mg. tablets)**

**Flaxseed Oil**

# FIBER IN!

Decrease cardiovascular disease  
? Decrease colon cancer



# Sources of Fiber

♥ 20 -35 grams/day

## Soluble Fiber

oatmeal

oatbran

nuts and seeds

Legumes

dried peas

beans

lentils

Apples (pulp)

Pears (pulp)

strawberries

blueberries

## Insoluble Fiber

Whole grains,

whole wheat breads

barley

couscous

brown rice

bulgur (dry cracked wheat)

whole-grain breakfast cereals

wheat bran

seeds

carrots

cucumbers

zucchini, celery, tomatoes





CALCIUM  
MILK  
IN OR OUT?



# **NOT ONLY TO PREVENT** **OSTEOPOROSIS**

## **Cancers**

**Calcium Intake associated with a lower risk  
of total cancers, and cancers of the  
gastrointestinal tract, especially  
colorectal cancers**

**Possible downside in men:  
Increase prostate cancer in men  
drinking 3 glasses of milk/day**

# VITAMINS

WHAT'S IN  
AND  
WHAT'S OUT??

# VITAMINS

**WHAT'S IN -**

**Vitamin D and the B Vitamins,  
Especially FOLIC ACID**

**WHAT'S OUT –**

**VITAMIN A, E AND ? VITAMIN C**

# Vitamin D

Take along with calcium for osteoporosis

- ♥ Improves muscle strength and balance
- ♥ Decreases incidence of colon cancer
- ♥ May help to maintain memory

Daily requirements 1000IU/day or  
50,000/week

# FOLIC ACID

- ♥ Observational studies show a decrease in cardiovascular disease
- ♥ Decrease incidence of colon cancer
- ♥ Delays the onset or slows the progression of Alzheimer's Dementia

Daily requirements are **NOT** being met in older adults. We all should probably be taking a supplement!!

# ANTIOXIDANTS

1. **Berries** – blackberries, strawberries, and raspberries
2. **Nuts** – walnuts
3. **Vegetables** – leafy green vegetables
  - Broccoli – 2 cups/day – helps allergies

# **GREEN TEA**

## **(Polyphenols)**

**Green tea consumption associated with :  
Reduced all cause mortality and cardiovascular  
disease but not cancer.  
(Study out of Japan)**

**JAMA September 13, 2006**



# **Probiotics (yogurt)**

## **Beneficial in:**

- **Nutrition – Calories/Calcium**
- **Antibiotic induced diarrhea**
- **Constipation**
- **Irritable Bowel Syndrome**
- **Cancer (colon) prevention and treatment**
- **Immune enhancement**
- **Treat lactose intolerance**
- **Allergies**



# *ALCOHOL*





# *ALCOHOL*



**RESVERATOAL !?!**

# ALCOHOL

In the U.S., one drink is usually considered to be:  
12 ounces of beer, 5 ounces of wine, or 1½ ounces of  
spirits (hard liquor such as gin or whiskey).

**Each delivers about 12 to 14 grams of alcohol.**

17% lower risk of all-cause mortality;

40% reduction in risk of CHD

**Risk ratio for MI with intake of 15 – 29 grams  
of alcohol/day is 0.38 compared to no ETOH\***

70% reduction in risk of ischemic stroke

BUT

20% - 25% increase in breast cancer in woman

\*Archives Int. Med Oct. 23, 2006

# EXERCISE!



*I decided  
to take  
an  
aerobics class.*

*I bent,  
twisted,  
gyrated*

*and jumped up and down  
for an hour.*

*But, by the time  
I got my leotard on,  
the class was over.*





*Jenny Wood-Allen from Scotland, was 87 years old when she completed the 1999 London Marathon.*

## EXERCISE

Some things  
you really can  
do forever!





# EXERCISE



**The benefits of mild to moderate exercise  
are just as good as strenuous  
exercise!!**

- **Exercise 3-5 times/weekly**
- **Accumulative - need not be all at once**
- **Endurance, strength (passive resistance), flexibility, and balance**
- **Important to maintain or improve lean body muscle mass**

**ASO – Az. Senior Olympics (30 – 40 events)**

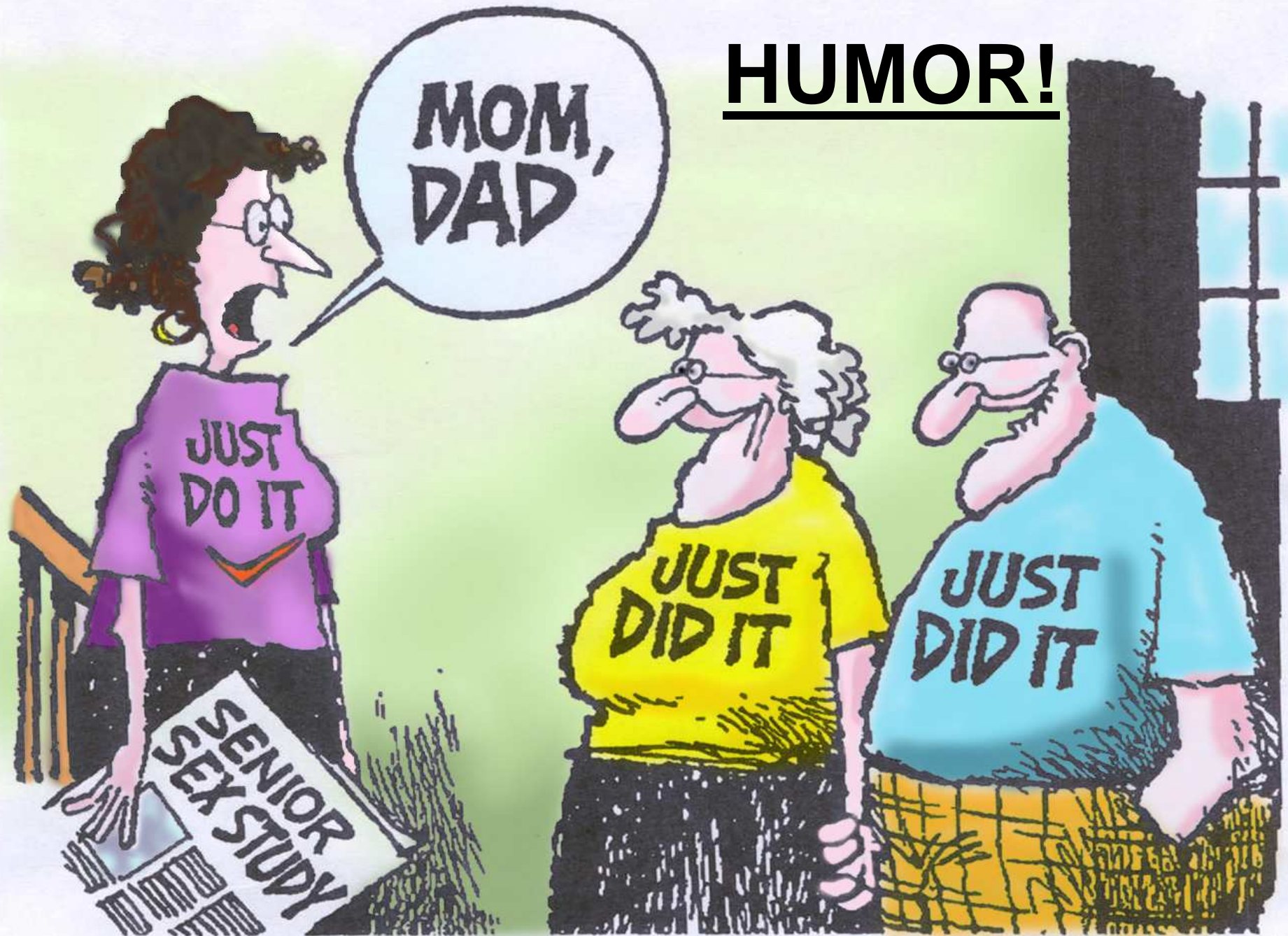


# HEALTHY LIFE STYLE

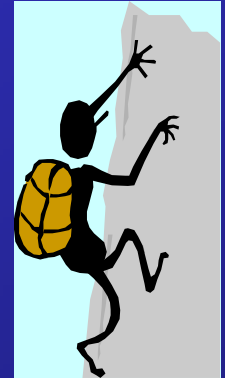
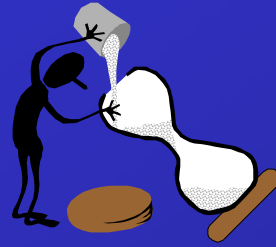
1. Non smoker
2. BMI < 25 kg/m<sup>2</sup>
3. Exercise  $\geq \frac{1}{2}$  hr of brisk walking/day
4. Good diet (upper 2 quartiles of score based on low *trans* fat, high p/s ratio, low glycemic load (high – potatoes, white bread, & candies; low – vegetables, nuts, & grains), high cereal fiber, high fish, high total folate)
5. Alcohol 5+g/day ( 1 drink every other day) (largest study showing greatest association with increased longevity is with one alcoholic drink/day.)\*

\*Thun, MJ, Peto, R, Lopez, AD, et al.. N Engl J Med 1997; 337:1705.

**HUMOR!**



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LIFE IS NOT A JOURNEY TO THE GRAVE  
WITH THE INTENTION OF ARRIVING SAFELY  
IN A PRETTY AND WELL PRESERVED BODY,  
BUT RATHER TO SKID IN BROADSIDE,  
THOROUGHLY USED UP, TOTALLY WORN  
OUT, AND LOUDLY PROCLAIMING  
**WOW.....WHAT A RIDE!**



